

Personal Philosophy of Nursing

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Since childhood, my passion in life has always been to care for others and make a positive impact in the lives of others. Therefore, my personal philosophy of nursing originates from the life values instilled in me as a child. These values that I believe in are the stepping stones to becoming a successful nurse. Although, I have many areas to improve upon throughout my nursing journey, so far my beliefs and ethics have led me in the right direction. My personal philosophy of nursing is to make a difference in myself by educating patients, promoting good health, and advocate for better healthcare for all people. Throughout this paper, I will describe my viewpoint of the purpose of nursing as well as the principles that guide my professional practice.

According to the American Nurses Association (ANA) "Nursing is the protection, promotion and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through diagnosis and treatment of human response, and advocacy in the care of individuals, families, communities, and populations" (What is nursing, 2020). I agree with this definition of nursing because nursing involves more than just caring out orders and administering medications. I believe it is about being an ear to listen, shoulder to cry on, a patient advocate, and being a friend. This establishes a trusting relationship between the nurse and patient, which promotes better quality care.

Purpose of Nursing and Moral Principles

Essential elements of nursing consist of respect, competence, compassion, and maintaining dignity. I do what I do as a nursing student because I believe in providing compassionate care for each patient that I take care of. Patients place their faith and trust into

healthcare professionals, so it is crucial that their trust is valued and respected. I believe that under all circumstances that it is a right for every human to have the same opportunities to be healthy. I accomplish this in school by showing respect to patients daily regardless of their ethnicity, race, gender, socioeconomic status, or life choices. Two ethical principles that guide my professional practice is accountability and nonmaleficence. For example, there was a situation in clinical where I did not feel comfortable getting a patient up due to how much pain they were in. At the time, they were refusing pain medication, so it was a hard task to decrease their pain levels. Knowing that it would cause more harm to the patient by moving them, I took accountability and discussed with my nurse why I decided to make the decision I made based on using my critical thinking skills. This also plays a role in nonmaleficence because I didn't want to cause any harm to the patient. The main influence I have that affects my nursing practice is always respecting the dignity of my patients based on how I was raised. My family has taught me to always give and show respect no matter if it isn't reciprocated. I treat patients with kindness and thoughtfulness while I provide care. I also consider their feelings and emotions during situations. I believe this influence has helped me become strong minded as it prepares me for my career after obtaining my degree.

Nursing Relationships

Nursing relationships can vary depending on your beliefs and values. First, nurse and client relationship are important to establish, especially when first meeting your client to make them feel more comfortable. This should be based on trust and compassion, which is something I value. Next, nurses and the community are an important relationship because it involves educating the public, providing support, and advocating for health promotion. Lastly, nurses

and other health care professionals' relationships is critical in order to operate a job professionally and effectively. I value having good communication, which is important when working with other colleagues. This can be useful when handing off report, having meetings, or working as a team in order to care for a client.

Reflection

Throughout this paper, I have given myself an opportunity to express what my philosophy of nursing is and what I truly value. This has given me a chance to reflect on my beliefs and allow me to see where I stand as far as my own strengths and weaknesses. Typing this paper has given me an opportunity to shape and continuously grow my personal nursing philosophy as I continue to succeed in school. After graduation, I plan on using my specific values and beliefs to mold me into what I think a great nurse should be.

Overall, my personal philosophy of nursing serves as a guideline to help me live by the standards I have set for myself when I become a nurse. I value being a compassionate, caring, and trustworthy individual that will help me grow into an amazing nurse. Although everyone has a different perspective of their personal philosophy of nursing, the main purpose will always be to provide exceptional care no matter what circumstances we endure. I vow to dedicate my professional experiences in nursing school to making the lives of others better and strive to become the best nurse that I can be.

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References

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